

WHAT IS CLAIMED IS:

1. A sliding board comprising:  
at least one guide element connected to the sliding board via fastening elements for arranging additional elements on the upper side of the sliding board, the sliding board having an upper skin and a lower skin, a running surface, and a foamed core;  
wherein the guide element is arranged by at least one of the fastening elements in a positionally fixed manner on the sliding board, and is allowed limited mobility in the longitudinal direction of the sliding board by the other fastening elements, and  
wherein the at least one fastening element fixing the guide element in a positionally fixed manner has been integrated into the foam during foaming of the core and hardening of the foam.
2. The sliding board as claimed in claim 1, wherein the guide element is arranged in a positionally fixed manner in one of its end regions in the longitudinal direction.
3. The sliding board as claimed in claim 2, wherein said end region is that end region which lies closer to the center of the sliding board.
4. The sliding board as claimed in claim 1, wherein the fastening element arranging the guide element in a positionally fixed manner is firmly connected to the guide element.
5. The sliding board as claimed in claim 1, wherein the fastening element arranging the guide element in a positionally fixed manner is made in one piece with the guide element.

6. The sliding board as claimed in claim 1, wherein the other fastening elements hold the guide element positioned at least in the vertical direction and in the transverse direction.

7. The sliding board as claimed in claim 6, wherein the other fastening elements are anchored firmly in the sliding board, the guide element being arranged for limited movement in the longitudinal direction in relation to the other fastening elements.

8. The sliding board as claimed in claim 7, wherein the other fastening elements have been integrated into the foam during foaming of the core and hardening of the foam.

9. The sliding board as claimed in claim 7, wherein the other fastening elements have been anchored firmly before foaming to parts integrated into the foam during foaming of the core and hardening of the foam.

10. The sliding board as claimed in claim 6, wherein the guide elements have receiving locations for the other fastening elements, which receiving locations have clearances in the longitudinal direction of the sliding board for limited mobility of the guide elements in relation to the sliding board.

11. The sliding board as claimed in claim 1, wherein the guide element is, together with the other fastening elements, arranged for limited movement in the longitudinal direction in relation to the sliding board.

12. The sliding board as claimed in claim 11, wherein the other fastening elements are, in the interior of the sliding board, arranged for limited movement on receiving parts which have been integrated during foaming of the core and hardening of the foam.

13. The sliding board as claimed in claim 12, wherein the receiving parts provided in the interior of the sliding board for the fastening elements are components of a framework or the like.

14. The sliding board as claimed in claim 12, wherein the receiving parts have receiving openings in which the other fastening elements are held in a positionally fixed manner at least in the vertical direction and in the transverse direction.

15. The sliding board as claimed in claim 14, wherein the other fastening elements are arranged for limited movement in the longitudinal direction of the sliding board in the receiving openings of the receiving parts and also for limited movement in relation to the upper skin.

16. The sliding board as claimed in claim 14 or 15, wherein clearances are provided in the longitudinal direction of the sliding board in openings in the upper skin passed through by the other fastening elements and in the receiving openings.

17. The sliding board as claimed in claim 12, wherein the other fastening elements are held or anchored in the receiving parts in the interior of the sliding board by snapping-in, locking or the like.

18. The sliding board as claimed in claim 1, wherein the fastening elements are arranged in openings formed in the upper skin.